

ARMY HEAT INJURY PREVENTION PROGRAM

Water Consumption Table

	Easy Work	Moderate Work	Hard Work
Heat Category	Amount to Drink Qt/Hr (one canteen = 1 Qt)		
1	1/2	3/4	3/4
2	1/2	3/4	1
3	3/4	3/4	1
4	3/4	3/4	1
5	1	1	1

Do not drink more than 1 ½ qts per hour or 12 qts per day.
Eat meals! Important for sodium and other electrolytes.

Easy Work = Walking hard surface 2.5 mph <30# load, Weapon maintenance, Marksmanship training.

Moderate Work = Patrolling, Walking sand 2.5 mph no load, Calisthenics.

Hard Work = Walking sand 2.5 mph w/load, Field assaults.

